

Pear Rabbit

Prep time: 5 minutes

Makes: 1 Pear Rabbit

Ingredients

3 canned pear halves

1 raisin

Directions

1. Wash hands; get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit.

Notes


Adults: If cooking with kids, use can opener, open pear halves and discard sharp edged lid.

Source: Chickasaw Nation Get Fresh! Nutrition Education Program.

Nutrition Information

Nutrients	Amount
Calories	107
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	7 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	24 g
Added Sugars included	14 g
Protein	0 g
Vitamin D	0 IU
Calcium	9 mg
Iron	0 mg
Potassium	95 mg
N/A - data is not available	

MyPlate Food Groups

 Fruits	3/4 cup
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